We claim:

1. A cable carrier for supporting one or more cables or hoses in a U-shaped configuration comprising:

a monolithic body having a first side, a second side opposite from and spaced from the first side, a first edge which is integral with the first and second sides, and a second edge opposite from the first edge, the second edge including a free edge of the first side that is integral with the first side and a free edge of the second side that is integral with the second side, the free edge of the first side being releasably connectable to the free edge of the second side.

- 2. A cable carrier as claimed in claim 1, wherein the connection between the free edges of the first and second sides forms a seal for the length of the cable carrier.
- 3. A cable carrier as claimed in claim 1, wherein the first side of the cable carrier has a central section of a hardness which is greater than the hardness of the second side.
- 4. A cable carrier as claimed in claim 3, wherein the free edge of the first side has a hardness which is less than the hardness of the central section of the first side.
- 5. A cable carrier as claimed in claim 1, further comprising end connectors attached to ends of the cable carrier for connecting the cable carrier to a machine to and from which cables or hoses housed within the cable carrier are routed.
 - 6. A cable carrier as claimed in claim 1, wherein the cable carrier is co-extruded.
- 7. A cable carrier as claimed in claim 6, wherein one of the materials of the cable carrier is urethane.
- 8. A cable carrier as claimed in claim 7, wherein another of the materials of the cable carrier is PVC.

9. A cable carrier as claimed in claim 1, wherein the cable carrier is formed of materials of at least two different hardnesses.

- 10. A cable carrier as claimed in claim 9, wherein end connectors are connected to the material that is harder.
- 11. A cable carrier as claimed in claim 1, wherein at least one of said sides is arched in a lateral direction so as to help support the cable carrier in a straight position.
- 12. A cable carrier as claimed in claim 11, wherein said one of said sides that is arched has a section of a higher hardness than said other of said sides.
- 13. A cable carrier as claimed in claim 12, wherein said one of said sides that is arched has at least one edge that is softer than said section of a higher hardness.
- 14. A cable carrier as claimed in claim 13, wherein said one of said sides that is arched has two opposite edges that are softer than said section of a higher hardness.
- 15. A cable carrier for supporting one or more cables or hoses in a U-shaped configuration comprising a closed elongated tubular body having at least two sides opposed from one another with an interior space between them in which said cables or hoses are received, each side having opposed edges, wherein the edges of one side are joined with the edges of the other side along opposed side edges of the cable carrier, wherein one side is stiffer longitudinally than the other and the other side is more flexible than the one side.
- 16. A cable carrier as claimed in claim 15, wherein the one side is laterally concave facing the interior space of the cable carrier, and the lateral concavity flattens when the cable carrier is bent in a U-shape in the area of the bend.
- 17. A cable carrier as claimed in claim 15, wherein the two sides are integral with one another.

18. A cable carrier as claimed in claim 15, wherein the one side is reinforced with a metal band.

- 19. A cable carrier as claimed in claim 15, wherein along at least one side edge of the cable carrier, the edges of the two sides of the cable carrier are integral with one another.
- 20. A cable carrier as claimed in claim 15, wherein each of the two sides is a separate strip, and the side edges of the two sides are separably connected.
- 21. A cable carrier as claimed in claim 15, wherein the one side is a relatively rigid plastic, and the other side is an elastomer.
- 22. A cable carrier as claimed in claim 15, wherein the one side includes a metal band and a plastic component fixed to the metal band.
- 23. A cable carrier as claimed in claim 22, wherein the metal band is on the outside of the plastic component.
- 24. A cable carrier as claimed in claim 22, wherein the metal band is sandwiched by two layers of the plastic component.
- 25. A cable carrier as claimed in claim 15, wherein the one side is a metal band and the other side is plastic.
- 26. A cable carrier as claimed in claim 25, wherein the metal band is concave laterally.
- 27. A cable carrier as claimed in claim 15, wherein along both side edges of the cable carrier, the edges of the two sides are integral with one another.
- 28. A cable carrier as claimed in claim 27, wherein at least one of the two sides is openable longitudinally with a releasable connection.

29. A cable carrier as claimed in claim 28, wherein the side that is openable is the more flexible side.

30. A cable carrier as claimed in claim 15, wherein each side is a continuous sheet of material.